

# 770A ARC TRAINER

## LOWER BODY CROSS TRAINER

A commercial high end cross trainer designed to concentrate on the lower body, with the patented Arc design that gives fast fitness results. Train for strength, power and weight loss on one machine. The Cybex 770A Arc Trainer® offers broad incline and resistance ranges to do the work of 3 machines in one. At the lower incline levels the “glide” is a cross country skier. In the mid-range levels the motion is a “stride” (like an elliptical except with proper positioning). At the high levels it's the “climb” of a stepper or climber. Research shows that the Cybex Arc Trainer burns more calories than any other cross trainer or elliptical tested.

## USER FRIENDLY TECHNOLOGY

The optional high definition E3 View embedded widescreen monitor provides three distinct viewing modes that deliver the precise content that you want on a 15.6" screen – or, the option of the innovative Muscle Map™ display gives users the power to visually target individual muscle groups and take full advantage of the near limitless settings. With the CardioTouch™ touch screen display users can easily set up a workout, charge an iPod® or iPhone®, scroll through songs and more.

## Specifications



Product Number	770A (Standard)
Resistance Range	Up to 900 Watts
Incline Levels	21
Stride Length	24" (61 cm)
Dimensions (L x W x H)	76" x 32" x 62.5" (196 cm x 72 cm x 159 cm)
Display	4.3" touchscreen for workout and entertainment setup and control; Graphic display of profile via 8 x 15 LED; Numeric display of time/distance, calories, calories/hour, METs, watts, strides/minute and heart rate including multi-color indication of heart rate range; Lower display shows incline and resistance level
Programs	Quick Start, three Weight Loss, two Cardio, two Shaping, three Strength, as well as Adaptive Power, Constant Power, and Heart Rate Control
Heart Rate Monitoring	Contact and Polar® Wireless
Connectivity	Made for iPod, Works with iPhone
Max User Weight	400 lbs (181 kg)
Power	Self powered, AC adapted version also available
Compliance	ETL listed to UL 1647, FCC Class B, ASTM, EN 957, CE Low Voltage Directive, EMC and ROHS



1

**Muscle Map™**  
Standard Display



2

**E3 View**  
Optional Display



## WORLD HEADQUARTERS

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**CYBEX®**  
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"Made for iPod" and "Made for iPhone" means that an electronic accessory has been designed to connect specifically to iPod, or iPhone respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, or iPhone may affect wireless performance. iPhone, iPod nano, and iPod touch are trademarks of Apple Inc., registered in the U.S. and other countries. Compatibility list of the iPod and iPhone models includes iPod touch (2nd generation), iPod touch (1st generation), iPod nano (5th generation), iPod nano (4th generation), iPod nano (3rd generation), iPhone 3G, iPhone 3GS, iPhone 4, and iPhone.

# 770A ARC TRAINER / MUSCLE MAP

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## BETTER RESULTS IN LESS TIME

Research shows that the Cybex Arc Trainer burns more calories than any other cross trainer or elliptical tested. The science behind the big calorie burn is the Arc motion. On the Arc Trainer, the legs travel in a biomechanically correct path of motion – resulting in more activation of the targeted muscles and more calorie burn without putting strain on the joints.

## Specifications

Made for  
iPod iPhone

Product Number	770A (Standard)
Resistance Range	Up to 900 Watts
Incline Levels	21
Stride Length	24" (61 cm)
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Programs	Quick Start, three Weight Loss, two Cardio, two Shaping, three Strength, as well as Adaptive Power, Constant Power, and Heart Rate Control
Heart Rate Monitoring	Contact and Polar® Wireless
Connectivity	Made for iPod, Works with iPhone
Max User Weight	400 lbs (181 kg)
Power	Self powered, AC adapted version also available
Compliance	ETL listed to UL 1647, FCC Class B, ASTM, EN 957, CE Low Voltage Directive, EMC and ROHS

## USER FRIENDLY TECHNOLOGY: MUSCLE MAP™

The innovative Muscle Map™ display gives users the power to visually target individual muscle groups and take full advantage of the near limitless settings offered by the Arc Trainer. Using an algorithm derived from EMG data that looks at resistance, incline, and stride rate, the colors transition from yellow (low intensity) to orange to red to flashing red (high intensity). With the CardioTouch™ touch screen display users can easily set up a workout, charge an iPod® or iPhone®, scroll through songs and more.



Muscle Map™  
Standard Display



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# 770A ARC TRAINER / E3 VIEW HD

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## Specifications

Made for  
iPod iPhone

Product Number	770A (E3 View Option)
Resistance Range	Up to 900 Watts
Incline Levels	21
Stride Length	24" (61 cm)
Dimensions (L x W x H)	76" x 32" x 62.5" (196 cm x 72 cm x 159 cm)
E3 View Display	4.3" touchscreen for workout and entertainment setup and control; Graphic display of workout profile; Ability to display time, distance, calories, calories/hour, METs, watts, strides /minute (SPM) and heart rate (BPM) including multi-color indication of heart rate range; Lower display shows incline and resistance level; Display Modes: full screen video, video with exercise data, full screen exercise data, blank
Programs	Quick Start, three Weight Loss, two Cardio, two Shaping, three Strength, as well as Adaptive Power, Constant Power, and Heart Rate Control
Tuner Type	ATSC/NTSC, DVB-T/PAL/SECAM
Heart Rate Monitoring	Contact and Polar® Wireless
Connectivity	Made for iPod, Works with iPhone
Max User Weight	400 lbs (181 kg)
Power	AC powered
Compliance	ETL listed to UL 1647, FCC Class B, ASTM, EN 957, CE Low Voltage Directive, EMC and ROHS

## USER FRIENDLY TECHNOLOGY: E3 VIEW HD

Everyone approaches exercise differently. Some want every detail of their workout, some would like to add entertainment, and others simply want to escape. Introducing the optional high definition E3 View monitor. Experience three distinct viewing modes that deliver the precise content that you want on a 15.6" embedded widescreen display. With the CardioTouch™ touch screen display users can easily set up a workout, charge an iPod® or iPhone®, scroll through songs and more.



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